

E3 AUTUMN WINTER 2026 ALLERGEN CHART - WEEK ONE



Week 1	Celery	Cereals containing Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Monday														
Chicken Jalfrezi														
Watermelon Curry (v)														
Steamed Rice														
Naan Bread		✓												
Fragrant Green Beans														✓
Meatball Mariana Sub		✓					✓							✓
Chicken Fajita Wrap		✓					✓		✓					✓
Banana Cake		✓		✓			✓							
Tuesday														
Mexican Beef and Bean Taco														
Vegemince and Bean Taco (v)													✓	
Sweetcorn Salsa														✓
Sour Cream							✓							
Guacamole														
Pizza Selection - Margherita Pizza		✓					✓						✓	
Pizza Selection - Ham and Mushroom		✓					✓						✓	
Pizza Selection - Pepperoni		✓					✓						✓	
Sticky Toffee Pudding		✓		✓			✓							
Wednesday														
Toad in the Hole		✓		✓			✓							✓
Quorn Toad in the Hole (v)		✓		✓			✓						✓	
Roast Potatoes														
Vegetables														
Gravy														
Vegetable Chow Mein		✓											✓	
Beefburger		✓										✓		
Lemon Drizzle Cake		✓		✓										
Custard							✓							
Thursday														
Loaded Mac 'n' Cheese with Chopped Cheeseburger		✓					✓							
Mac 'n' Cheese (Ve)		✓												
Salad														
Garlic Bread		✓												
Chicken Tikka Wrap		✓		✓			✓							
Tomato Mozzarella Panini (v)		✓					✓							
Brookie		✓		✓			✓						✓	
Friday														
Sausages		✓												✓
Chicken Bites	✓	✓												
Fish Fingers		✓			✓									
Chunky Chips														
Margherita Pizza (v)		✓					✓						✓	
Mushy Peas														
Gravy														
Curry Sauce														
(Topping) Bacon														
(Topping) Onion														
(Topping) Gravy														
(Topping) Grated Cheese							✓							

Raspberry Muffin		✓		✓			✓							
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Week 2	Celery	Cereals containing Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Monday														
Thai Green Chicken Curry													✓	
<i>Thai Green Curry (Ve)</i>														
Coconut Rice														✓
Stir-Fried Vegetables		✓											✓	
Cheese Panini (v)		✓					✓							
Steak Bake		✓		✓			✓						✓	
Brownie		✓		✓										
Tuesday														
Chicken and Chorizo Paella							✓							
<i>Vegetarian Paella (v)</i>														
Garlic Bread		✓												
<i>Pizza Selection</i> - Margherita Pizza		✓					✓						✓	
<i>Pizza Selection</i> - Ham and Mushroom		✓					✓						✓	
<i>Pizza Selection</i> - Pepperoni		✓					✓						✓	
Toffee Cream Tart		✓					✓							
Wednesday														
Honey-Glazed Roast Pork														
Baby Roast Potatoes														
<i>Cheese and Potato Pie (v)</i>				✓			✓							
Vegetables														
Gravy														
Chinese Chicken Noodles		✓											✓	
Pepperoni and Cheese Panini		✓					✓							
Apple Crumble		✓												
Custard							✓							
Thursday														
Beef Lasagne		✓					✓							
<i>Roasted Vegetable Lasagne (v)</i>		✓												
Garlic Focaccia		✓												
Salad														
Cheese and Onion Bake (v)		✓		✓			✓		✓				✓	
BBQ Chicken Burger		✓										✓		
Tiramisu		✓		✓			✓						✓	
Friday														
Sausages		✓												✓
Chicken Bites	✓	✓												
Fish Fingers		✓			✓									
Chunky Chips														
<i>Margherita Pizza (v)</i>		✓					✓						✓	
Mushy Peas														
Gravy														
Curry Sauce														
<i>(Topping) Bacon</i>														
<i>(Topping) Onion</i>														
<i>(Topping) Gravy</i>														
<i>(Topping) Grated Cheese</i>							✓							
Cocoa Muffin		✓		✓			✓							



Week 3	Celery	Cereals containing Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Monday														
Sweet and Sour Chicken		✓											✓	
<i>Sweet and Sour Quorn (v)</i>		✓											✓	
Lemon and Coriander Rice														
Soya-tossed Cabbage		✓											✓	
Korean Vegetable and Glass Noodle Wrap (v)		✓											✓	
Hot Dog		✓												✓
Ginger Cake		✓		✓			✓							
Tuesday														
Currywurst		✓							✓				✓	✓
<i>Quorn Currywurst (v)</i>		✓							✓				✓	✓
Potato Salad				✓										
Braised Red Cabbage														✓
<i>Pizza Selection</i> - Margherita Pizza		✓					✓						✓	
<i>Pizza Selection</i> - Ham and Mushroom		✓					✓						✓	
<i>Pizza Selection</i> - Pepperoni		✓					✓						✓	
Cornflake Tart		✓												✓
Custard							✓							
Wednesday														
Beef and Onion Pie	✓	✓		✓										
<i>Quorn and Onion Pie (v)</i>		✓		✓										
Rosemary Roast Potatoes														
Vegetables														
Gravy														
<i>Teriyaki Vegetable Noodles (v)</i>		✓											✓	
Chicken Tikka Bake	✓	✓					✓		✓				✓	
Cocoa Cake		✓		✓			✓							
Cocoa Sauce							✓							
Thursday														
Lemon Parsley Chicken		✓												
<i>Falafel Wrap (Ve)</i>		✓												
Pomegranate Couscous		✓												
Mediterranean Salad - Fattoush		✓												
<i>Cheese and Tomato Quesadilla</i>		✓					✓							
Beefburger		✓										✓		
Churros		✓		✓			✓							
Friday														
Sausages		✓												✓
Chicken Bites	✓	✓												
Fish Fingers		✓			✓									
Chunky Chips														
<i>Margherita Pizza (v)</i>		✓					✓						✓	
Mushy Peas														
Gravy														
Curry Sauce														
<i>(Topping) Bacon</i>														
<i>(Topping) Onion</i>														
<i>(Topping) Gravy</i>														
<i>(Topping) Grated Cheese</i>							✓							
Blueberry Muffin		✓		✓			✓							

